

## Program description

Comunidades Unidas' Latina Breast Cancer program educates women about breast cancer and the importance of having early breast cancer screenings and mammograms. This program coordinates different exciting activities with the purpose of educating women about healthy lifestyle choices. We host an annual Breast Cancer Awareness Fashion Show, monthly "Girls' Night Out," Zumba classes and regular educational workshops.

## Upcoming Events

~Zumba Pink Party~  
 Friday March 25, 2011  
 Salt Lake Community College/ LAC-176  
 4600 South Redwood Road  
 Salt Lake City, UT

~Girls' Night Out in Ogden~  
 March 23, 6:00-9:00 PM

~Extreme Makeover Pink gathering~  
 Monday March 21

Call to register 801-487-4143

## Health Information

### Breast Cancer

#### Tips for a successful doctor visit before surgery

After a breast cancer diagnosis and surgery recommendation, it is important to ask questions to your doctor.

Here are a few tips of what you may want to ask to your doctor before having surgery.

- What kinds of surgery can I consider? Is breast-sparing surgery an option for me? Is a skin-sparing mastectomy an option? What operation do you recommend for me? Why?
- Will any lymph nodes be removed? How many? Why?
- How will I feel after the operation? Will I have to stay in the hospital?
- Will I need to learn how to take care of myself or my incision when I get home?
- Where will the scars be? What will they look like?
- If I decide to have plastic surgery to rebuild my breast, how and when can that be done? Can you suggest a plastic surgeon for me to contact?
- Will I have to do special exercise to help regain motion and strength in my arm and shoulder? Will a physical therapist or nurse show me how to do the exercises?
- Is there someone I can talk with who has had the same surgery I'll be having?
- How often will I need checkups?